



**Human Performance Attachment – Greyhound's Nox Health Poster and Information**

**Highland, IL**

**HWY23MH015**




**(4 pages)**






# Your guide to the SleepCharge program

## Your journey to better sleep starts here.

SleepCharge is your single source for testing, diagnosis and treatment of sleep apnea.

-  We make the process easy for you — from diagnosis to supply replenishment.
-  Every step is virtual — from the home sleep apnea test (shipped to your home or closest hub!) to discussing your results with a clinician and setting up the PAP device.
-  You'll be supported by a specialist over the phone or through a video appointment during each step to ensure you are successful with treatment.

## Drivers — did you know?

-  If a Certified Medical Examiner recommends you take a sleep test, get started with your safety contact Kathy Hartman at [REDACTED] or [REDACTED] (office). We'll immediately schedule a home sleep test.
-  When the testing kit is delivered to you, you'll also receive a PAP device. That way, if you're diagnosed with sleep apnea you can begin treatment right away.
-  We provide the medical documentation and treatment history report you need for annual medical certification.

You have coverage for obstructive sleep apnea (OSA) treatment through SleepCharge. If you're having sleep issues or have risk factors, don't wait.

## What is sleep apnea?

Obstructive sleep apnea (OSA) is a type of sleep-disordered breathing where the upper airway relaxes and narrows or closes entirely, reducing or completely blocking airflow while you sleep. When you have OSA, your body is in a constant battle between breathing and sleeping. Breathing wins, but since you've spent the night fighting for oxygen, you can wake up feeling drained, exhausted or sore.

## Do I have sleep apnea?

You may have no obvious signs of sleep apnea. Or, you (or your sleep partner) may notice one or more of the following:

- Snoring
- Choking or gasping during sleep
- Waking up feeling tired
- Waking up with a dry or sore throat
- Irregular heart rhythms during sleep
- Having to urinate during the night
- Excessive daytime sleepiness
- Memory and concentration problems
- Mood swings and irritability
- Waking up with headaches

But not everyone with OSA has these risk factors or any obvious symptoms.

If feeling tired feels normal to you, get in touch. We may be able to help you. Get started with your safety contact Kathy Hartman at [REDACTED] or [REDACTED] (office).

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**WHAT IS SLEEP APNEA?**

- Sleep apnea is a disease in which the airway repeatedly closes leading to frequent interruptions in sleep and drops in oxygen.
- This can impact your longterm health and daytime wakefulness.

**WHAT ARE THE RISK FACTORS?**

- Family history of sleep apnea
- Being overweight
- Large neck size (17 inches for men, 16 inches for women)
- Age 40 and over
- Recessed chin, small jaw or overbite
- Small upper airway

**WHAT ARE THE SYMPTOMS?**

- Loud snoring
- Gasping or choking while asleep
- Morning headaches & nausea
- Excessive daytime sleepiness
- Irritability and depression
- Memory problems
- Difficulty concentrating

Your health and safety on the road are Nox's top priorities.

Not getting enough healthy sleep has been linked to obesity, diabetes, high blood pressure, dementia, and other chronic conditions. Poor sleep also can compromise your safety. A habit of poor sleep makes you less alert, impairs your ability to make good decisions, and slows your reaction times.

It's time to find out if a sleep disorder such as sleep apnea is preventing you from getting the sleep you need to stay healthy and safe on the road.



**Initiate Treatment**

If your sleep test indicates that you have a sleep disorder, we'll immediately provide all the equipment and education you need for successful sleep care treatment.



**Talk to Our Team**

Your Participant Resource Center and specially-trained Care Team provides ongoing care, medical support, education, advice, supplies, assistance with DOT re-certification, and more.

**How can Nox help?**

Nox provides the SleepCharge Program to DOT-regulated drivers. Enrollment is easy and the program is provided at no cost to you. If you are flagged or currently on treatment for sleep apnea, please contact Kathy Hartman at

██████████ (office) or

██████████.

